DOCUMENT RESUME

ED 085 163 RC 007 514

TITLE Outdoor Recreation Activities at Cispus.
INSTITUTION Cispus Environmental Center, Randle, Wash.
NOTE 16p.

EDRS PRICE MF-$0.65 HC-$3.29
DESCRIPTORS Course Descriptions; *Curriculum Design; Educational Equipment; High Schools; Junior High Schools; Lumber Industry; *Outdoor Education; Physical Activities; *Physical Development; *Recreational Activities; *School Recreational Programs; Student Centered Curriculum; Teaching Guides

ABSTRACT

Most of the activities in this booklet have been developed around skills related to the outdoors and, in particular, to the logging industry and forest fire fighting. The activities attempt to develop muscles, coordination skills, and teamwork. They also give the students (junior high school or high school) and staff the opportunity to do something that they have only read about, watched on T.V., or heard about. It puts the student in the role of logger or forest fire fighter. These activities are only suggested. There are lists of needed equipment in each of the activity sheets. Various types of equipment companies where they can be obtained, and approximate prices are also listed. (FF)

FILMED FROM BEST AVAILABLE COPY

RECEIVED
NOV 16 1973
NMSU
E.R.I.C.

ED 085163

outdoor recreation activities at CISPUS

U S DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION
THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

Cispus Environmental Center
Route 1
Randle, Washington 98377

RC 007514

RECEIVED
NOV 16 1973
NMSU
E.R.I.C.

RECREATION ACTIVITIES FOR OUTDOOR SCHOOL

All too often recreation time at Outdoor School falls back into the routine playground activities of the school yard. These include such activities as dodge ball, volleyball, softball, Frizbee, etc. While these activities are fun and enjoyed by students and staff alike, Outdoor School gives us an opportunity to try something new and different for a change.

Most of the activities that follow in this booklet have been developed around skills related to the outdoors and, in particular, the logging industry and forest fire fighting. Like many activities, these can develop muscles, coordination skills and teamwork. Also, they give the students--and many times, staff--the opportunity to do something that they have only read about in a book, watched on T.V., or have heard about. It also puts the student in the role of a logger or forest fire fighter or what-have-you, and this adds a little romance to recreation time.

These activities are only suggested. They may not fit the situation where your outdoor activities are taking place. Any teacher with a little imagination should be able to come up with additional activities and games that could be developed around local industry. Examples might be commercial fishing, ranching, farming, etc.

In each of the activity sheets you will find a list of equipment needed. At the end of the booklet is a page of various types of equipment used and places where they can be obtained and approximate prices. If you can think of some method to substitute other types of equipment that you might have handy that would work, feel free to do so.

INDEX

RECREATION ACTIVITIES FOR OUTDOOR SCHOOL

Log Carry Relay
Log Bucking
Log Birling
Choker Setting Relay
Back Pack Pump Relay
Water Push Ball
Water Circle Ball
Bucket Brigade
Dirt Throw
Stretcher Carry
Jousting
Tug-of-War
Sources of Equipment

LOG CARRY RELAY

This is a relay race where teams race against each other for a specific distance. Teams consist of 8, 12, 16 people, etc., divided into sub-teams of four. We have found that 16 on a team works best.

Equipment Needed:
1. Timber carriers (2 per team)
2. Logs, 1 per team, size determined by strength of contestants - minimum, 6 inch diameter by 6 feet long

Each log of the relay requires a sub-team divided into pairs with each pair handling one timber carrier. One pair positions their timber carrier around one end of the log and the other pair at the other end. At the signal "GO" they lift the log with the carriers and move it a pre-determined distance as fast as they can. There, they let the log down where another one of their team's sub-team loosens the timber carriers, positions them at the opposite end of the log and moves it back to the starting point. This continues until all team members have participated in at least one leg of the relay.

If one sub-team drops a log or one end of it while moving it from one place to another, they must stop and re-fasten the timber carrier before continuing the race.

Safety: Timber carrier hooks can be sharp. Contestants should rehearse changing them from one end of the log to the other ahead of time. When they do this, the "pairs" of contestants should move from one end to the other at the side of the log, not one pair ducking under the other.

LOG BUCKING

This activity involves one individual or a team of two bucking a log against another individual or team. Usually one team is at each end of the log.

Equipment Needed:

1. Cross cut saws. For small logs these could be Swede saws. For large logs, a regular cross cut saw should be used.
2. Logs. Regardless of whether small or large logs are used, they should be situated up off the ground so that when they are sawed completely through the saw will not dig into the ground. Make sure logs do not move when people are sawing them.
3. Because of the difficulty of getting logs, we recommend that each team cuts off only a one or two inch thick section off each end of the log.

It is important to make sure that each individual or team has the same distance of log to cut through as the other team. This can be accomplished by a staff member or an assistant sawing partially through the log or starting the saw in the log, removing it, then taking a string and measuring to see that the total circumference, using the saw cut, is the same as the other team members. Keep sawing and measuring until both are equal. At the signal "GO" the individuals or teams saw until they have sawed through the log. This can be a race against another team or can also be done with a stop-watch and records kept of this event and posted on the camp bulletin board.

We have found that most contestants can only saw one or two minutes before getting tired. Therefore, we have a number of people on each team. The person leading the activity then keeps time and hollers "switch" every minute or two. Then two more contestants take the place of those that were sawing.

Safety: Saws should be reasonably sharp so they will cut easily. This means they can cut contestants too. Don't let contestants carry saws around and stress safety when they will be sawing.

LOG BIRLING

An activity where one individual tries to unbalance another individual off a log by rolling the log. This could be done either on land or on the water.

Equipment Needed:

1. Log. The log should be fairly good sized in diameter - no less than 12 inches. If it is to be used in the water, it is suggested to use a log that has bark on it. If the activity is to be done on land, something would have to be constructed to hold the log up off the ground so it can be turned.

2. A large log may be needed in the water to hold up contestants.

At the signal "GO" each individual tries to roll the other person off the log by turning it with his feet. Some form of balance pole may be used by the contestants. The winner will usually be the one who gets two out of three falls.

Saftey: If this activity is carried out on the water, contestants should wear life jackets. If it is done on land, an area around the birling log should be dug out and filled with sawdust, chips or other soft material so contestants are not injured if they fall off the log.

CHOKER SETTING RELAY

A relay activity where teams race against one another. Teams should consist of odd numbers of people - 3, 5, 7, etc.

Equipment Needed: 1. Chokers, 1 per team.
These should be the smallest size available - like the ones commonly used behind a caterpillar for cat logging (½" x 10')

Each relay should be located somewhere around 10 to 20 yards away from the log that they will set the choker on. At the signal "GO" the first member of the relay team races with the choker to the log and sets the choker around the log. He then races back to his next team-mate, tags his handand that team-mate runs to the log, unhooks the choker and brings it back to the third contestant. He, in turn, runs to the log and passes the choker around it, running back to tag the next team member. This continues until each team member has had a chance to set the choker and unhook it again. Chokers are usually set by passing an end of the choker over the top of the log and then pulling the end underneath and fastening it.

Safety: When handling the choker, contestants should wear heavy cloth gloves (Example: White Ox or Lumberman Brand). This will help prevent slivers and bruises.

BACK PA[illegible]MP RELAY

This is a relay activity where teams compete against each other.

Equipment Needed:
1. Back pack pump
2. Convenient water supply
3. Small tin or plastic cups

Back pack pumps are plastic water bags carried on the back like a packboard. They have a small pump used for spraying. One back pack pump would be required for each relay team. If contestants are younger students, you probably would not want to fill the back pack bag completely full of water as it holds approximately 5 gallons and would be too heavy for them to carry easily. The tin or plastic containers, tuna fish can size, may be mounted on a log or board about one foot off the ground. At the signal "GO" the first relay team member would take the back pack pump, run toward the tin cans and fill one of them full of water with the pump. He would then return to his next team member, take the pack off his back, put it on the other team member's back and he, in turn, would run to fill a can. This would continue until each contestant has had a turn. The first team to fill all of their cans would be the winner. The activity leader empties each container after each contestant fills it.

Safety: Demonstrate how to hold the pump so contestants won't pinch their fingers when they operate it.

WATER PUSH BALL

In this activity an individual will push a ball a specified distance with the stream of water from a fire hose.

Equipment Needed:
1. Fire hose with nozzle
2. Hydrant
3. Playground or volley ball

The ball is set down at the starting line. At the signal "GO" the hydrant is turned on. The person handling the hose must stay behind the starting line and push the ball a pre-determined distance with the stream of water from the hose.

If possible, it adds to the excitement if two hoses can be run off one hydrant so individuals are competing against each other. Also, if water pressure is heavy, it might require two people on each hose. (Caution: Be careful to locate this activity where water pressure will not cause damage by digging up the ground.)

Safety: This activity is usually done during good weather and invariably contestants get wet. Because of heavy water pressure, care should be taken to see that people are not sprayed at close range.

WATER CIRCLE BALL

An activity involving two people, on opposite sides of a circle, pushing a ball out of the circle with a stream of water from a fire hose.

Equipment Needed:
1. Fire hose with nozzle
2. Hydrant
3. Playground
4. Circle marker - rope, hose, plastic pipe, etc.

A large circle is made on the ground with rope, hose, or whatever is available. In the center of the circle place the ball. Contestants, normally two, stand outside the circle on opposite sides. At the signal "GO" the hydrant is turned on and each contestant tries to be the first one to push the ball outside the circle on the half away from him using the stream of water from the hose. Each contestant must stay outside the circle although he can move around it if he desires. (Caution: Be careful to locate this activity where water pressure will not cause damage by digging up the ground.)

BUCKET BRIGADE

This is an activity where teams compete against one another.

Equipment Needed:
1. 8 foot tower (2)
2. 15 gallon drum or barrel (2)
3. 50 gallon drum or barrel as source of water supply
4. Water bucket for each team member plus a few additional ones

Each tower should have a ladder up one side. The 15 gallon barrel will be placed on top of the tower. The 50 gallon barrel or source of water supply should be a distance away from the tower, depending upon the number of contestants on each team. Situate the team members so that they are lined up from the 50 gallon barrel to the tower with probably one or two people on the tower, or a least one of them part way up the tower, and one at the top. At the signal "GO" the team member at the water supply fills one of the water buckets and hands it brigade-like down the line of contestants. The last contestant at the top of the tower would empty it into the 15 gallon drum. The team to fill the 15 gallon drum first would be the winner. A method will have to be figured out so that the team members can get the empty buckets back to the water supply to be used again in case they do not fill the 15 gallon drum with water using the original number of buckets for each team member. A larger barrel may be used on top of the tower to extend the time of the activity if a good water source is available.

Safety: Make sure contestants are cautioned to not throw buckets to each other. Also, that people on the tower are well situated so they won't fall. The tower should have a strong railing around the top platform.

DIRT THROW

An individual or team activity.

Equipment Needed:
1. Shovels - preferably short handled
2. Easy dirt supply
3. Buckets or large cans

Contestant gets three throws with a shovel and tries to get the greatest amount of dirt he can in a bucket or can located higher than his head.

If done as a team activity, the winner may be determined by which team gets the greatest total amount of dirt thrown in the container.

Safety: Contestants should be far enough apart so that they do not get dirt on one another or that it doesn't get in their eyes if the wind is blowing.

STRETCHER CARRY

Team activity.

Equipment Needed:
1. Basket stretcher
2. Can
3. Obstacle course marked out

Four to six contestants in a team carry a weighted basket stretcher containing a can with a measured amount of water. They must carry the stretcher carefully over an obstacle course trying to keep it as level as possible at all times. Measure the amount of water remaining in the can. The team with the most wins.

To make the activity more realistic, strap a person in the stretcher with the can of water on his chest.

JOUSTING

This activity can be done between two individuals at one time.

Equipment Needed:

1. Balance pole. This should be 15 to 20 feet long and can be a pole, 6 to 9 inches in diameter, constructed so that it is about a foot or so off the ground
2. Jousting poles (2)
   These should be constructed so that they are padded very heavily on the ends so the contestants do not hurt each other as they are trying to knock each other off the balance pole

At the signal "GO" contestants mount the log or balance beam from each end, advancing toward one another with the jousting poles in their hands. They push and strike at each other until one of them is knocked off the balance pole. The winner is usually the one who gets two out of three falls. If jousting poles are not available, contestants can wrestle to knock each other off the balance pole.

Safety: Rules should be made so that contestants are not allowed to push or strike each other above the shoulders or below the beltline.

TUG-OF-WAR

This is a good activity to use with large groups of students at one time so they can all become involved.

Equipment Needed: 1. Tug-of-war rope

This activity is done just exactly as all tug-of-war activities, using as many people as determined by the size of the rope. To add a little spice to this activity, one may want to dig a mud pit so that the losers are dragged through the mud or construct a frame that would hold a hose 6 to 7 feet off the ground so that the losing contestants are sprayed. Use your imagination on this one.

SOURCES OF EQUIPMENT

The Ben Meadows Company
Forestry and Engineering Supplies
P. O. Box 8377
Atlanta, Georgia 30306

Western Fire Equipment Company
440 Valley Drive
Brisbane, California 94005

Logging Equipment and Supplies (Yellow Pages in telephone book)

Back pack pumps	$30.00 to $35.00	
Timber carriers	$ 8.00 to $10.00	
Chokers	$10.00 to $12.00	
Swede saws	$ 3.00 to $ 5.00	(Montgomery Wards or Sears Roebuck)
Buckets		

Bucking saws are hard to get. You will have to "scrounge" for these. They may be available from State Forestry or U. S. Forest Service Ranger stations as excess property. Also, try logging companies.

PRICES ARE ONLY APPROXIMATE